I CLAIM:

1. An exercising device comprising:

a ball body made of a resilient deformable material, and having a peripheral wall and a receiving space defined by the peripheral wall, the peripheral wall having a largest diameter not larger than 12 inches, an inner wall surface adjacent to the receiving space, an outer wall surface opposite to the inner wall surface, a filling hole extending from the outer wall surface to the inner wall surface and in fluid communication with the receiving space, at least two ear portions protruding outwardly from the outer wall surface, and a valve member inserted detachably into the filling hole to prevent leakage through the filling hole;

a predetermined volume of filler introduced into the receiving space through the filling hole; and

two pulling units, each of which includes an elastic cord member that has a connecting end connected to a respective one of the ear portions and an operating end opposite to the connecting end, and a handgrip connected to the operating end of the cord member.

2. The exercising device as claimed in Claim 1, wherein each of the pulling units further has a positioning strap connected adjustably to the handgrip.

3. The exercising device as claimed in Claim 1, wherein the outer wall surface of the peripheral wall is provided with a plurality of massage projections.

4. The exercising device as claimed in Claim 1, wherein the filler is selected from a group consisting of sand, air and liquid.

5. The exercising device as claimed in Claim 1, wherein the filler is selected from a group consisting of a mixture of any two of sand, air and liquid.

6. The exercising device as claimed in Claim 1, wherein each of the pulling units further has a fabric cover covering the cord member.

7. The exercising device as claimed in Claim 2, wherein the positioning strap has a first end provided with a ring member, a second end opposite to the first end and provided with a first fastening unit, and an intermediate section between the first and second ends and provided with a second fastening unit, the positioning strap being inserted into the handgrip in such a manner that the ring member and the first and second fastening units are disposed outside of the handgrip, the second end extending through the ring member and being folded back to the intermediate section to engage the first fastening unit with the second fastening unit.